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MEMBER CDS

Golden Mean

Golden Mean is a guided visualization exercise that takes you on a journey through some of the sacred structures found within the physical universe. The Hemi-Sync signals used in the exercise are based on the harmonic properties of the “phi ratio,” or “golden mean” (expressed mathematically as the Fibonacci series), which is omnipresent throughout all of nature as well as in humankind’s greatest art and architecture.

Rosie McKnight, one of TMI’s original Explorers and the author of *Cosmic Journeys* and *Soul Journeys*, leads you in an exercise appropriately entitled Joy. Learn a simple yet powerful way to harvest the joyful energies from your own life’s experiences and use them to transform your perception of yourself and the world.

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